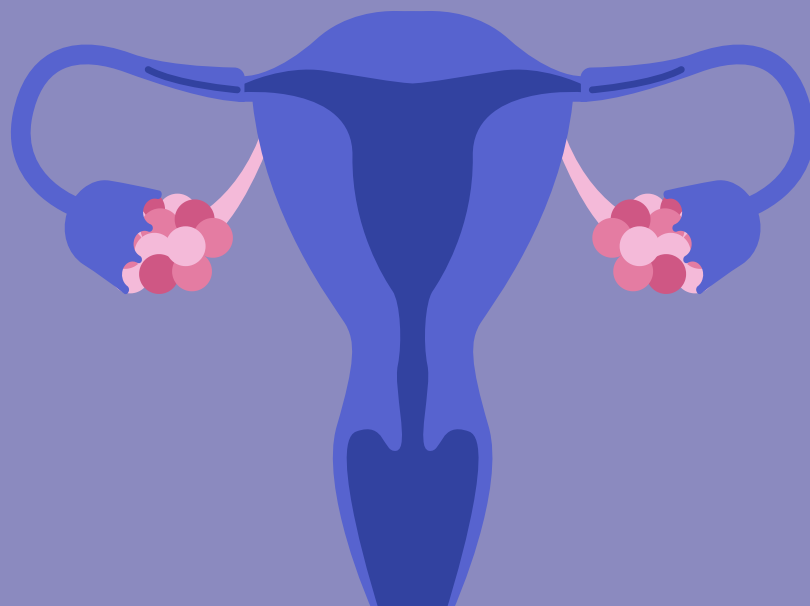
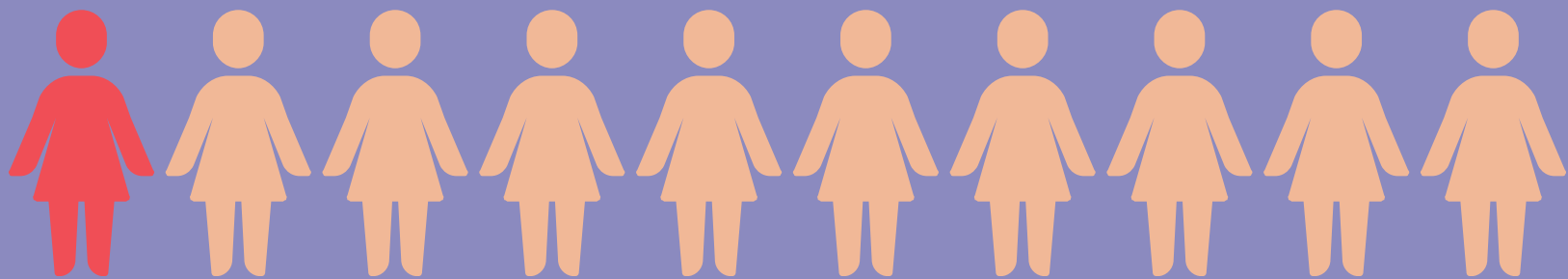


# POLYCYSTIC OVARY SYNDROME (PCOS)

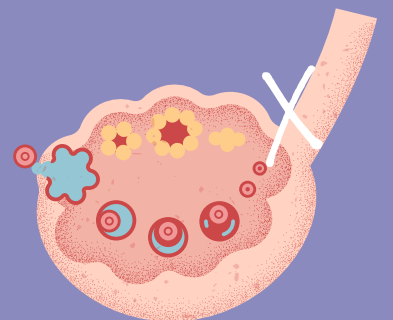


# Prevalence of PCOS

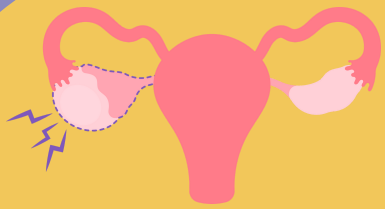
Polycystic Ovary Syndrome is the most common endocrine disease among women.



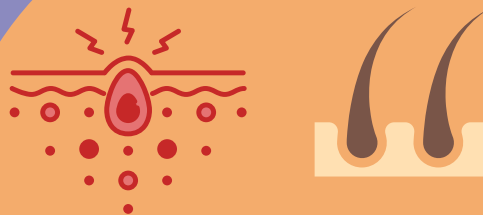
Around **10% of women** suffer from this endocrine syndrome. Due to **excess androgens**, the follicle cells are trapped in the ovaries and transform into cysts. This process leads to **irregular or lack of ovulation**.



# Symptoms of PCOS



Hormonal  
Imbalance  
Menstrual  
Irregularity



Hyperandrogenism  
Acne & Excess hair  
growth



Lack of ovulation  
Infertility

## Other symptoms:

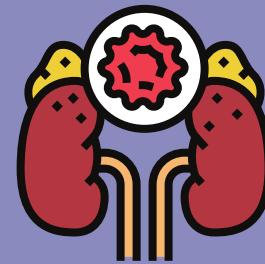
- Sleep disorder
- Weight gain
- Hot flushes or night sweats
- Nervousness, irritability, or anxiety
- Constipation or other digestive problems
- Hair loss
- Decrease sex drive
- Fatigue
- Vaginal dryness

# Causes of PCOS

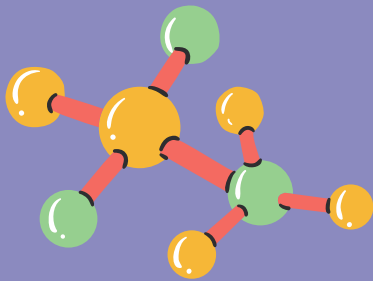
The causes of conditions are not fully understood, but they are a combination of genetic, environmental and behavioral factors.



Insulin resistance



High-stress hormones



Accumulation of Advanced glycation end-products



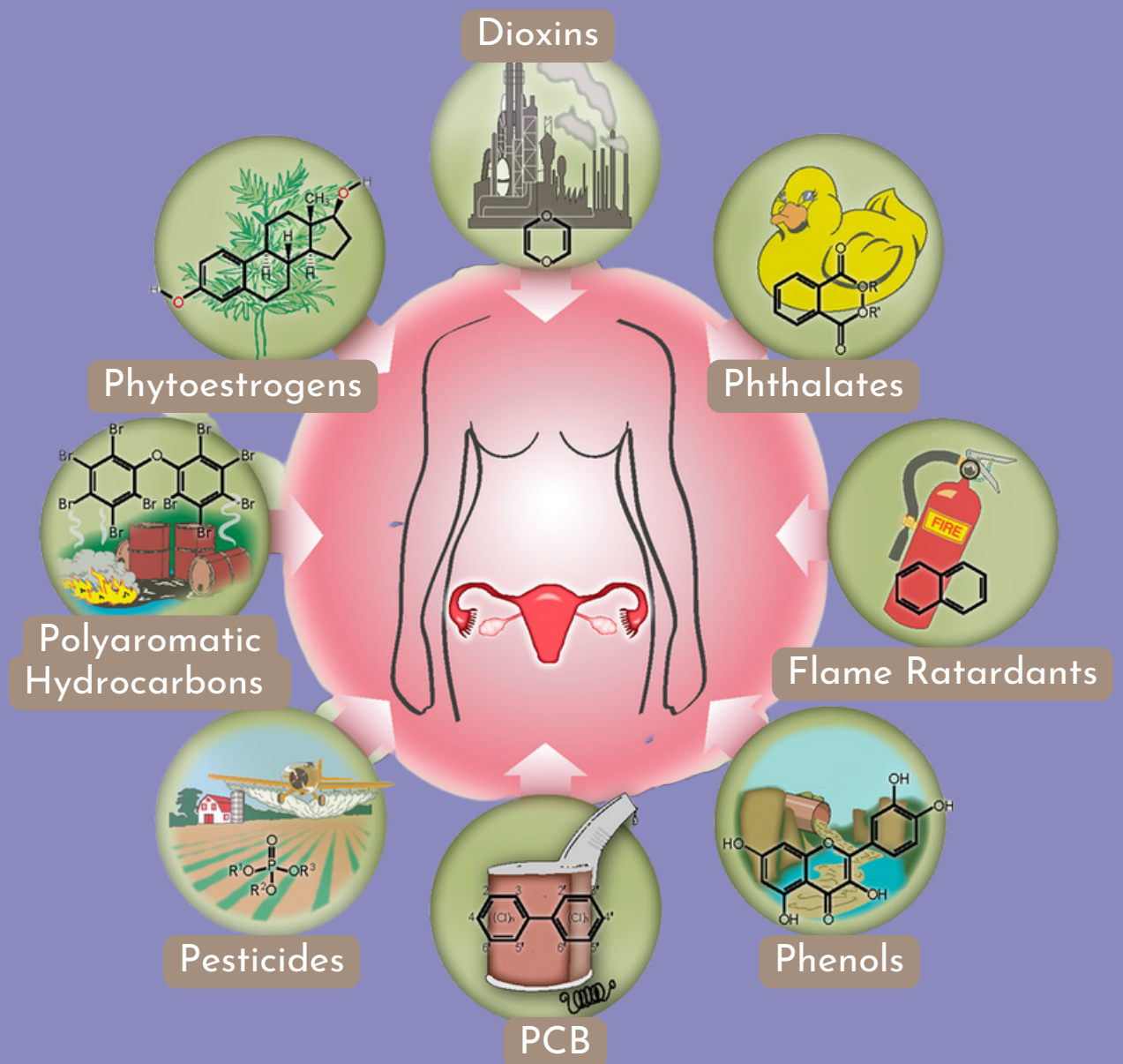
Low-grade chronic inflammation



Other factors

# PCOS and endocrine disruptive chemicals

Endocrine disruptive chemicals interfere with the production, secretion, transport, metabolism, binding action, or elimination of the body's natural hormones. They can have further adverse effects on PCOS.



# Holistic Management of PCOS

Many studies and experiences of holistic practitioners prove that PCOS can be managed holistically using:

## Healthy diet



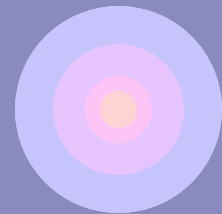
Whole food diet that regulates blood glucose levels.  
High fibre diet for microbiome health.

## Exercise



Yoga to lower stress and regulate blood sugar levels. Helps to maintain healthy weight.

## Stress reduction



Breathing exercises or meditation to reduce cortisol levels which can affect hormonal balance.

# Food groups for PCOS

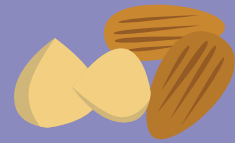
Vegetables



Whole grains



Nuts and seeds



Fruits



Herbs & spices



Leafy greens



Beans



Meat & fish

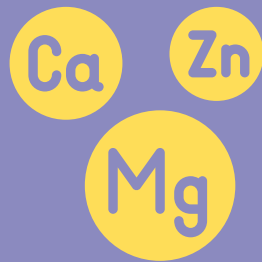


Dairy & eggs



# Benefits of Regenerative Agriculture for PCOS

Sourcing food from farms prioritising soil health, growing vegetables or managing livestock without chemical inputs, such as pesticides and hormones, can have beneficial effects on managing PCOS.



Possible higher  
vitamins, minerals  
and  
phytochemical  
content



Less exposure to  
Endocrine  
Disruptive  
Chemicals



More fresh,  
seasonal nutrient-  
dense produce for  
diversified diet



We are on a mission to spread awareness amongst **health professionals** about the connexion between **soil-human health**.

**Join us in our mission!**



Coalition of Health Professionals  
for Regenerative Agriculture